

Low- GI diets and  
metabolic syndrome

↓ Insulin resistance

↓  $\beta$ -cell dysfunction

↓ Hyperinsulinaemia

↓ Glycaemia

↓ Free fatty acids

↓ Dyslipidaemia

↓ Inflammation

↓ Endothelial  
dysfunction

↓ Prothrombotic  
factors

↓ Cardio-vascular risk